



Riverside Review

Volume 2020

Issue 2

February 2020

48 W 7th Street, Rainier, OR 97048
E-mail: RainierSeniorC@gmail.com

Phone: 503-556-3889
Web: RainierSeniors.com



Snow or Ice Policy

We will always try to get meals out to our home-bound seniors but it may mean sending a frozen meal for the next day. Please check our Facebook page for information as to whether the center will be closed. If you call the center after 9:30 and no one answers, we are most likely closed.

AARP Free Tax Help is coming to the center in March

This program is in conjunction with the IRS to assist low to middle income tax payers. There is an emphasis on seniors and open to the public (you do not need to be a member of the senior center).

The tax consultants will be at the center on March 13 at 9:30 AM. You will need to sign up at the main desk prior to that date.

Although the Center no longer has door-to-door pickup for **Lucky Eagle Casino**, they are available if you want to drive to Three Rivers Mall. The bus will be at the Target parking lot M-W-F-S.

Pick up time is 9:45 and
you will depart the casino at 4:00.

Hours

Rainier Senior Center Hours
9:30 am to 2:30 pm
Monday through Friday

Board Members

Jan Rich. Pres.

Carla Bodenhamer, V Pres.

Keith Ekstrom, Sec.

Rachel Kelley, Treasurer

At Large: Clint Kelley, Barbara

Foster, and Sue Beavers

Newsletter Editor: Beth Bailey

Please Complete Your NAPIS Form for the Senior Center Nutrition Fund

NAPIS forms are extremely important to your Senior Center. These completed forms are how the Community Action Team reimburses the center whenever you eat a meal and sign in at the desk.

If your NAPIS form is more than one year old, please stop by the front desk and complete a current one. If you have any questions, please talk to any Board member.

Stop by the Desk- It only takes a minute or less.



During
Birthday Friday the Center
will be offering a
FREE lunch
certificate to those
birthday folks present

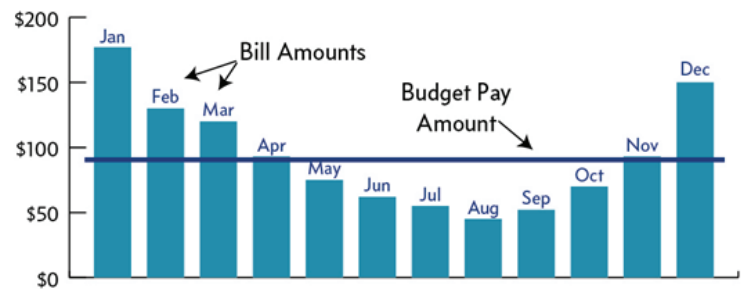
Pay the Same Amount Year Round

Worried about high winter electric bills? Consider enrolling in Columbia River PUD's Budget Pay program.

With Budget Pay, you pay the same amount every month, all year long. That's why Diana in St. Helens enrolled.

"I think the Budget Pay program is great. I use it because there are no surprises for one year, from March to February. It makes it much easier to budget that way," Diana said.

The PUD enrolls customers in the Budget Pay program in March. To enroll, you must have a \$0 balance and at least 12 months of account history at your current location. Each year in March, the PUD reviews your usage from the previous year to set your monthly billing for the coming year.

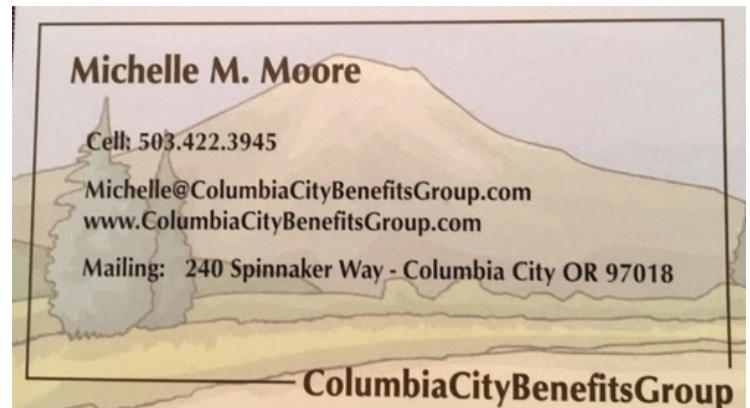


COLUMBIA RIVER
PUD
A COMMUNITY-OWNED UTILITY

SUPPORT THE CENTER

The center continues to encourage you to be a recurring contributor. These types of gifts are so important to the Center because they add stability to our funding. They also send a clear message to everyone that you have trust in the Center, its future and its importance to our senior neighbors.

You can contribute by mail, or even better, a visit to your Center. The IRS has determined that we are a tax exempt organization under section 501(c)3 of the IRS code. Our Federal Tax ID is #23-7154726.



Daniel Garrison, CPA,
2114 Columbia Blvd,
St Helens, OR 97051
Email: dan@drgtax.com
503-366-0994

...for quality, personalized financial guidance for individuals and businesses. Dan can do your basic tax management and accounting or help with more in-depth services such as audits, financial statements and financial planning.



Senior Center Activities

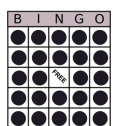
MONDAY



Music by

The Three of Us

Music begins at 11:00.
Sing along or dance to the tunes.



Evening Bingo

starts at 6:00pm

\$5 per card

Come have fun.

HOOKS & NEEDLES GROUP

Every Monday

1:00-2:30 pm

TUESDAY

EXERCISE CLASS

at

10:30 am

Do you like to play Cribbage? Sign up at the Center's Desk to get a club started.



Music

throughout the week

See our EVENTS Calendar

WEDNESDAY

Work on a Puzzle, Pick out a Book or
Work Out on the Exercise Equipment

THURSDAY

1st and 3rd Thursdays

Pinochle at 1:00 PM

2nd and 4th Thursdays

Hand and Foot card game 1:00 pm

Gentle Exercise at 10:30

FRIDAY



First Friday
Birthday Cake

Special Events

ARMCHAIR TRAVEL and POTLUCK

Saturday, February 29
at 3:00 PM

*We're headed to our beautiful
National Parks!*

MOVIE

Tuesday, February 25
at 1 PM

"Rumor Has It"

with

Jennifer Aniston, Kevin Costner,
Shirley MacClaine and Mark Ruffalo



Happy Birthday to our February Birthday Members

Birthday Flower: Violet Birthstone: Amethyst

If your birthday is not listed or wrong, please contact the reception desk.

2/2 Niles Scott
2/4 Thomas Ramey
2/5 Ed Hayslip
2/7 Alice Cash
2/8 Sam Tift
2/10 Rachel McArdle
2/13 Jean Walker

2/14 Beth Bailey
2/14 Dale Patton
2/17 Willard Conley
2/17 Dalton Thorp
2/18 Dodie Burton
2/22 Carla Bodenhamer

Please Register your rewards program to designate the Rainier Senior Center as the non-profit



community rewards

**Help Our
Senior Center
Earn Money!**

Register Today!

We received \$68.89 for
3rd Quarter from 52 families.
Check to make sure your
rewards card is connected
to the center.

Look at example →



The Rainier Senior Center can earn money from Fred Meyer by anyone who shops there and signs up for the Community Rewards Program.

Link your card to:

Rainier Senior Citizens

- or use our non-profit number **AH614******.













You still get your reward points, fuel points and rebates just the same!

Rainier's Volunteer For February 2020: Carla Bodenhamer

Carla plays an essential role at the Center. Not only is she a Board Vice President but she coordinates our MOW drivers (and drives when needed), she works the front desk every week (and tells great jokes during her announcements) and ensures that the center is current on all NAPIS forms. Carla is one of a kind and the center is grateful to have her. Thank you.



FEBRUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3  3 of Us Hooks & Needles 1pm Bingo -6pm	4 Exercise Class 10:30 am	5  Music by Bo Obney	6 Pinochle 1:00 pm Exercise Class 10:30 am	7  Music with Inez Glaze Birthday Cake
10  3 of Us Understanding My Medicare with Beth Moffitt - 10 am -noon Hooks & Needles 1pm Bingo -6pm	11 Exercise Class 10:30 am Men's VFW 1:00 pm	12 WIC 9:30am-1pm Karaoke 1 PM	13  Music by Judy Faulkner Exercise Class 10:30 am Hand and Foot Cards 1 pm	14  Music by Jim Meyer
17  3 of Us 11 am Hooks & Needles 1pm Bingo -6pm	18 Debra Kranyak with Kaiser 9 am to Noon Exercise Class 10:30 am	19 Board Meeting 1 PM	20  Music by Ted Boursaw Exercise Class 10:30 am Pinochle 1:00 pm	21  Music by Bo Obney
24  3 of Us Hooks & Needles 1pm Bingo -6pm	25 Movie at 1:00 pm Exercise Class 10:30 am	26 Membership Meeting at 1 PM	27  Music by Bo Obney Exercise Class 10:30 am Hand and Foot Cards 1 pm	28  Music with Vern Kennedy Susannah's Supper 6pm Rainier Methodist Church
December Meals Served: 1127 December Volunteer Hours: 384		Eagles Spaghetti Dinner Saturday, February 22 at 6 PM To benefit the Rainier Senior Center MOVIE: "Rumor Has It" Tuesday, February 25 at 1 pm with Jennifer Aniston, Kevin Costner, Shirley MacClaine and Mark Ruffalo		

January 2020 Rainier Senior Center Activities - www.RainierSeniors.com
 Events are subject to change without notice. NO Breakfast deliveries.



February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Mashed Spuds / gravy Veggies salad	4 Veggie Lentil Soup Bread Fruit Sandwich	5 Spaghetti Mixed Green Salad Cottage cheese Garlic Bread	6 One Dish Chicken Bake Mixed Veggies	7 Hamburger Gravy over Mashed Spuds Veggie Bread Birthday Cake
10 Turkey Dinner Mashed spuds Stuffing Corn Cranberry Sauce	11 Taco Tater Tot Casserole Broccoli Salad	12 Ham in Scalloped Potatoes Veggies Applesauce	13 Yakisoba Pork Stir fry Bread Fruit	14♥♥♥♥♥♥♥♥♥♥♥♥♥♥ Valentines Day Chicken Fried Steak Country Gravy Mashed Spuds Veggies ♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥
17 Cream of Broccoli Soup 3-bean salad Chicken Sandwich	18 Sausage Dog on a bun Cowboy beans Macaroni Salad	19 Chef Salad with all the fixins Roll	20 Turkey Ala' King Cucumber salad	21 Corn Chowder BLT
24 Baked Ham Mashed Spuds corn Roll	25 Chicken Rice Broccoli Casserole Bread	26 Potato Soup Ham Sandwich	27 Chicken Enchiladas Re-fried Beans Spanish Rice Tortilla Chips	28 Baked Fish Baked Potato Lemon , tartar sauce Veggie

Rainier Senior Center Lunch Menu 503-556-3889 www.RainierSeniors.com
Call in and carry-out orders need to be in no later than 10:30 am.
Menu is subject to change without notice. Breakfast served 9:00-10:30, M-F
\$5 for over 60 and \$7(effective 1/01/2020 for under 60 for lunch;
Breakfast, \$5



P O Box 216, Clatskanie, OR 97016
503-728-2163

Open Monday through Friday 8 am-5 pm

What would you like to see at Rainier Senior Center?

This is Your Senior Center. What would you like to see/learn/do? Is there an activity you'd like to do? How about a category for the movies or a place to visit for our Armchair Travel? Let the center know.

Baby Oh Baby!

The center is having a baby contest for its members. We'll be collecting pictures throughout February with a cutoff date of 3/2. The winner who has the most names correct will be revealed on 3/30 at noon. See insert for details.

**Eagles to host a Spaghetti Dinner
Fund Raiser for
Rainier Senior Center
Saturday, February 22 at 6 pm**

Become a Member of Rainier Senior Center



Want to get in on the fun? Want to meet other seniors? Join us for the events, activities, and just plain conversation.

ONLY \$15 per year

Sign up today and begin receiving our newsletter so you can plan to join us..

Digital Literacy Program

Need a low-cost internet or mobile phone plan?

You can receive a step-by-step guide to helping seniors get set up with low-cost internet and mobile plans, including resources that can help seniors improve their digital literacy.

<https://www.inmyarea.com/resources/guide-internet-for-seniors>

If you have any further questions, contact Jessica Gandhi at 949-409-8409.

Annual Events at Rainier Senior Center:

3/13 AARP Tax Consultants
3/17 St Patrick's Day lunch and raffle
4/08 Volunteer Appreciation Dinner
June (date to be announced) Citywide Sale
7/11 Days in the Park (parking at the center on Saturday)
11/07 Christmas Bazaar
11/21 Thanksgiving Dinner
12/19 Christmas Dinner

All events are subject to change.



**Support the
Senior Center**
by donating time, money, or
Returnable cans/bottles
"Every little bit helps!"

We Serve
Meals On Wheels
so no senior goes hungry.
Volunteer to be a Meals-on-Wheels Driver
Ask at the Desk how to apply



Rainier Senior Center Supporters

**B Street Coffee
Canterbury Inn
Canterbury Gardens
Columbia River PUD
Country Financial
Dutch Bros
El Tapatio
Hometown Pizza
Michelle Moore-Insurance
Means Nursery
Mo's - Astoria
Ol' Pastime Tavern
Outpost 30
Rainier Chevron Food Mart
Rainier True Value
The Cornerstone Cafe
Triangle Bowl**

**Bell Studios
City of Rainier
Columbia Food Bank
Deer Island Grange
Delaware Plaza
Eagles
Foster Farms
Fred Meyer
InRoads
Miracle Ear
Nys Tree Farm
Napa Auto
Safeway
Rainier Liquor Store
The Dog Zone
United Way
US Gypsum
Vernie's Pizza**



"A Great Place...For Great People"

***Rainier Senior Center
48 West 7th Street
Rainier, OR 97048***